

SALLY - OPTIONS FILE #160

Tired of the medical system.....

She had been through the traditional medical route and she was sick and tired of it. Sally said she was not getting any better as she went from doctor to doctor, clinic to clinic, surgery to surgery. In fact, she felt worse.

"I'd been through the medical system and was pretty unhappy with that," she explained. "I've had two major surgeries within the last eight and a half years, and it left my immune system pretty well shot."

She had muscle spasms in her face. There was added stress in having to travel long distances for treatment and medical advice. She had even visited the Mayo Clinic.

"My whole life changed because of these surgeries," she said, noting the stress and emotional turmoil she lived with. "I was in a pretty bad place."

So she looked for something else.

"It seemed like all my friends were going to Helen (Cox, director of Options Center for Health and Education, Peoria Heights)," she said.

Sally had already decided to change her diet after problems following her second surgery, so she followed the Candida diet, which Helen recommends to clients with chronic yeast infections.....a condition that often occurs after a lengthy regimen of antibiotics. Sally also began taking herbs.

With Helen, she addressed her emotional trauma using various techniques including guided imagery and Touch for Health. The result, she says, is that she has worked through some of the issues of the past and has been able to feel "light and joyous"....a feeling she rarely experienced before the sessions. "Things that were negative to me, she's helped me see the good."

Sally said she is better able to accept things as they are, which has helped her in relationships.

She says that now when she looks in the mirror, "I'm seeing the person in front of me; I was seeing the past."

Sally and her husband both follow a healthy diet and cook together, which helps her follow the plan.

"What I've learned from going to Helen is this is going to be my way of life and that's kind of a neat thing. I had begun to feel kind of hopeless. Now I have hope. I am going to come out of it, and I will be well."